



**Free  
Entry!**

# Stretches for Gardeners and the Benefits of Stretching

**February 10, 2024  
10:00 - 11:00 a.m.**

**Stretch & Win!**

**Join our garden scavenger hunt  
after learning about stretching benefits.**

**Complete it to win a cool prize!  
Let's have fun and stay healthy together!**



**Tampa Family Health Centers, Osborne  
4620 N. 22nd St. Tampa, FL 33610  
Location: Employee parking lot across  
the street**

**Register here: [bit.ly/48UzPSL](https://bit.ly/48UzPSL)**



**To register or for more information,  
contact Nicole Pinson, Garden Manager  
813-459-3831 • [npinson@hcnetwork.org](mailto:npinson@hcnetwork.org)**